

Amendments to the Specification

Please replace paragraph [0037] with the following amended paragraph:

[0037] The serrated surface 210 of the lower housing comprises a plurality of peaks 214 ~~210~~ and valleys 212 arranged in a substantially circular configuration, as best illustrated in the enlarged detail view of FIG. 5. Each of the valleys 212 corresponds to one of the plurality of discrete settings. Thus, as a user rotates the dial portion 630 of the adjuster 600, the retaining dog 650 rides along the serrated surface 210 and provides a ratcheting sound and feel, whereby the user can sense (by both auditory and tactile perception) the movement of the adjuster 600 from one discrete setting to the next as the retaining dog 650 rides up and over each successive peak 214 ~~210~~ and down into the next successive valley 212.